## Claims

- [01] An improved formulation of the carbonated beverages/ soda by reducing sugar and adding in nutritious ingredients: Calcium, Vitamin  $D_3$ , Magnesium, Vitamin C, Carrot juice or  $\beta$ -carotene.
- [02] A formulation according to claim 1 wherein the nutritious ingredients can be varied, such as in quantity, composition and source of ingredient.
- [63] A formulation according to claim 1 wherein the flavor can be mint in addition to the traditional flavors in carbonated beverages/soda.
- [c4] A formulation according to claim 1 wherein the sugar can be aspartame in reduced current amount to make diet carbonated beverages/soda.